

NORTH METRO DERMATOLOGY

ELLACOR® CONSENT AND INSTRUCTIONS

Proposed Treatment

Using the Ellacor® System with Micro-Coring™ technology to remove micro-cores of skin to improve the appearance of skin wrinkles.

Anticipated Benefits and Limitations

Full results may not be visible for 3-6 months, but an improvement of skin laxity and wrinkling may be visible within a few weeks. Results can be long-lasting and are best maintained with a good skin care routine with sun protection. Depending on your skin needs and goals, additional treatments may be recommended for optimal results.

Possible Contraindications

- Pregnancy and nursing
- Lidocaine or nickel allergy
- Injury, infection, warts, or keloids in treatment area
- Medical conditions and/or medications that inhibit proper wound healing
- Active inflammatory skin conditions in treatment area (i.e., acne, eczema, skin rashes)
- Active autoimmune disorders (i.e., scleroderma, lupus, rheumatoid arthritis)
- Active systemic infections (i.e., hepatitis, HIV)
- Immunosuppression
- Bleeding disorder
- Dental work within previous four weeks
- Filler treatment within previous six months
- Isotretinoin within previous 12 months
- Plastic surgery or surgical scars within previous 12 months

Risks

Redness, swelling, tightness, tingling, and tenderness are common side effects and generally subside after three days, though mild redness and grid marks may linger for one month or longer. Light skin peeling and itching may occur for 2-3 days. Bruising occurs on occasion and generally resolves after one week. Other possible side effects (not commonly observed) include infection, scarring, skin necrosis, uneven appearance of treated areas, allergic reaction to anesthesia, anesthesia toxicity, and damage to nerves and blood vessels. The theoretical risk of unknown complications also exists, as well as lack of achieving anticipated benefits. It is important to tell your provider about all past and present medical conditions as certain conditions or medications may contraindicate treatment or increase treatment risks.

Pre-Treatment Instructions

- 10 days before treatment, avoid the following medications and supplements that may increase the risk of bruising:
Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naproxen, Excedrin (all OTC pain pills except Tylenol), Vitamin E, Multi-Vitamin, Gingko Biloba, Omega-3 Fatty Acids, Cod Liver Oil, Fish Oil, Flax Oil, CoQ10, Garlic and Ginger
- If you are taking any blood-thinning medications as per doctor's orders (such as Coumadin, Warfarin, Plavix, Lovenox, Heparin, Aspirin), do not discontinue without first consulting with the prescribing physician. The chance of developing an injection-related hematoma (blood clot) is higher when taking these medications.

- Do not drink alcohol within 48 hours before treatment as this may also increase the risk of bruising.
- Silagen Arnica-Bromelain Complex is an oral supplement that can be started two days before your appointment to reduce bruising and swelling. It is also fine to start the day of the procedure, but it can be more beneficial to start a couple days in advance. This can be purchased on our website or at our clinic or by phone.
- If instructed, take prescribed medication(s) to help prevent cold sores and/or infection.
- If instructed, follow specific skin prepping guidelines for indicated time frame to minimize risk of developing post-inflammatory hyperpigmentation.
- Discontinue retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients three days before treatment.
- Do not use sunless tanning products two weeks before treatment.
- Direct sun exposure and tanning lights should be avoided two weeks before treatment. Always use a SPF 30+ sunscreen containing 5%+ zinc oxide (EltaMD or NMD Sunscreen preferred).
- Shave excessive facial hair one day before procedure.
- Wear a loose-fitting shirt that is easy to remove after the procedure.

Post-Treatment Instructions

- Use cool water with a gentle cleanser (SWO Gentle Cream Cleanser preferred) twice daily until skin is healed.
- Apply ointment or other topical as instructed.
- Avoid strenuous activity and exercise for three days.
- Avoid shaving treated areas for three days.
- Avoid makeup for three days.
- Avoid exfoliating and acne products for one week.
- Avoid exposure of the treated area to intense cold or heat for one week.
- Avoid swimming, saunas, and steaming for one week.
- Avoid sun exposure and tanning lights for two weeks.
- Cool compresses or ice can be applied to provide comfort and reduce swelling.

By signing below, I acknowledge that I have read this form and agree to the treatment with its associated risks. I hereby give consent to perform Ellacor® treatment and subsequent Ellacor® treatments. I hereby release North Metro Dermatology from all liabilities associated with this procedure.

Patient Name (print): _____ **Date:** _____

Patient Signature: _____

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